

Enfield Senior Center • Enfield, CT 06082 • Tel: 860.763.7425
CORE PROGRAMS • SERVICES • INFORMATION & REFERRAL

HEALTH & WELLNESS

Bereavement Support

Check newsletter or column for dates

Eight-week sessions are offered at the Center by trained grief counselors for anyone who has suffered loss.

Blood Pressure Screenings

Wednesdays 11 a.m. to Noon

Free blood pressures available in the Wellness Room.

Caregiver Support

2nd Monday 6:30 - 7:30 p.m.

Learn about available resources, coping techniques, and enjoy a short break from caregiving responsibilities.

Fall Prevention Program

Tuesdays & Thursdays 4-6 p.m. by appointment only

We'll assess your individual risk for a fall and work with you to help reduce the chances of a devastating injury. Free program sponsored by the CT Collaboration on Fall Prevention.

Foot Care Clinic

2nd Friday 8 a.m. - 3 p.m. & 1st Wednesday 4:30 - 8 p.m. by appointment only

Registered nurses from Pedi-Care trim nails and check for foot health problems. Cost is \$27. Home visits can be arranged for homebound seniors.

Free Hearing Screening

1st Friday 2 to 3:30 p.m.

Call Senior Center for appointment

Schedule a free hearing test and consultation, or have your hearing aid or batteries checked by an audiologist from Hear Again Center.

Medical Equipment Loan Closet

Elevated toilet seats, commodes, bath transfer benches, walkers and other medical equipment are available on loan, for up to eight weeks.

Stroke Survivors Support

2nd Tuesday 10 - 11 a.m.

Join others to share experiences & obtain support.

T.O.P.S.

Wednesdays 1:30 - 3:30

Take off pounds sensibly. Meet with others for support and to discuss strategies for losing weight.

Yellow Dot Program

Packets available at Senior Center

A yellow dot on the back window of your car alerts emergency medical personnel that records with identity & vital health information are kept in your glove compartment. This program is sponsored by TRIAD.

MUSIC

Goldtones Choral Group

Thursdays 10 - 11:30 a.m.

Lend your voice to this group. Throughout the year the group entertains at area nursing homes and senior centers. They rehearse all year to present programs appropriate to the season, and conduct an annual concert.

CREATIVE PURSUITS

Busy Fingers

Wednesdays 10 a.m. - Noon • No class fee

If you like to knit or crochet, join this group. Members concentrate on baby and children's mittens, hats & layettes for the Center Gift Shop.

Craft Fair Crafters

Mondays 9:30 - Noon • No class fee

Join our volunteers to make handmade gifts for our gift shop & future craft fairs. All skills and talents are invited--sewers, knitters, painters, crafters, gluers--advanced or beginner.

Embroidery

Wednesdays 9 - 11 a.m. • \$2 per class

All skill levels of needle workers are welcome to make items for themselves or the Center Gift Shop.

Heritage Group

Tuesdays 10 a.m. - Noon

No class fee

This group works on projects throughout the year. Craftspeople of all skills are welcome to join.

Sassy Sewers

2nd and 4th Tuesdays 1 - 3 p.m.

No class fee

Quilters & sewers, come and share ideas, swap fabric, show and tell.

Stamp Art Club

2 Fridays per month 9:30 - 11:30 a.m.

\$3 per class - Some materials included

Make a special occasion even more so by giving a greeting card you've made by hand. A special project for each class. *Check calendar for monthly dates.*

Woodcarving

Tuesdays 9 a.m. - Noon - No class fee

Meet in the Game Room to share ideas, swap patterns and techniques. All skill levels welcome.

INDOOR RECREATION

Billiards

Three championship tables are available for daily games. Come in anytime to play.

Bingo Night Supper

Tuesdays 5 to 6:30 p.m.

You don't have to play Bingo to enjoy our Tuesday night suppers. We have nightly specials for \$3, plus soup in the wintertime, grilled cheese sandwiches, hotdogs, hamburgers, great french fries & desserts. Ice cream sundaes are available during the Bingo game intermission.

Bridge

Thursdays 12:30 - 3:30 p.m.

Drop in and join this new group for contract bridge.

Canasta

Mondays 10 a.m. to Noon

If it's been awhile since you've played, don't hesitate to come. We'll help you brush up your skills for this enjoyable game.

Cribbage

1st and 3rd Mondays 1 -3 p.m.

Learn the game, brush up your skills, and spend an enjoyable afternoon playing.

Fun Bingo

1st & 3rd Wednesdayx 10:30 - 11:30 a.m.

An informal game with small cash prizes.

Pinochle

Wednesdays & Fridays 12:45 - 4 p.m.

If you haven't played in awhile, don't hesitate, as others will help you.

Setback

Tuesdays 12:30 - 3:30 p.m.

Join our growing group for instruction and play.

PROGRAMS & SERVICES**AARP Senior Safe Driving (55-Alive)**

Class dates announced in area newspapers

Trained AARP volunteers conduct classroom driver training for anyone 55 or older. Many auto insurance companies offer discounts to those who take this course, so check with your agent.

Beacon Light

Available at the Senior Center

\$2 for device only - \$3 for device & light bulb

Sponsored by TRIAD, this Emergency Beacon Flashing Device turns a lamp or outdoor light into a flashing signal to help emergency personnel find your home.

Cell Phone Giveaway

Register at the Senior Center to obtain a free cell phone for emergency use. These phones can only make calls to 911 and are not usable for any other calls. A charger is provided with each phone.

Center Gift Shop

Open during Senior Center hours

A selection of knitted and crocheted baby outfits, blankets, afghans and other gift items handcrafted by our talented group of seniors.

Community Café

Weekdays at Noon

Reservations - Call 860-763-7425 by noon the day before

A hot, full-course meal is served daily in the Senior Center Dining Room. Stop at the Center for a menu. Suggested donation is \$2 and you must be age 60 or over.

Dial-a-Ride

860-253-6410

Transportation for Enfield residents over the age of 60 and/or permanently disabled to a variety of destinations within town; and, through volunteers, to out-of-town medical appointments.

Enfield Adult Day Program

860-763-7538

Daily supervised care for frail seniors.

Enfield Housing Authority

860-763-4661

Information about elderly and subsidized housing.

Food Shelf

860-741-7321

96 Alden Avenue, Enfield

Food supplies for those in need. Donations are welcomed, and may be dropped off at the Food Shelf, (call for times); or nonperishable items may be left at the Senior Center any weekday during our regular hours.

Living Wills

Available at the Senior Center

Obtain Healthcare Planning Packets which include the living will, appointment of a healthcare agent, appointment of an attorney-in-fact for healthcare decisions, appointment of a conservator, and a document of anatomical gift.

Meals on Wheels

860-763-0400 • leave message

Daily meals and light suppers are delivered weekdays to homebound seniors. Call the Coordinator for information.

Medicare Assistance

Fridays 9 - 12 by appointment

Trained CHOICES volunteers offer information about options available with Medicare, supplemental insurance plans and the new prescription plans. In addition, they assist with filing and processing difficult claims. If you have questions about what each plan offers, our counselors will assist you.

Neighborhood Services

860-253-6396

786-F Enfield Street, Enfield

Help with all entitlement programs.

Small Gas Engine Repair Service

Applications available in Sr. Center office

Free repairs of gas-powered yard equipment such as lawnmowers, snowblowers, weed whackers, etc., for Enfield seniors age 65 or over. Offered by the CT Correctional Institution.

Social Security Assistance

Thursdays 10 a.m. to 1 p.m. or call 1-800-772-1213

A representative from Social Security comes to the Senior Center Thursdays to handle all Social Security problems; or call their toll-free number between 7 a.m. and 7 p.m. The early and late hours are the best times to call.

Tax-Aide Program

Mondays and Wednesdays • February to April

Call Senior Center for appointment

IRS trained AARP volunteers complete federal and state income tax returns at no charge for seniors aged 60 and over.